Well, yes, it's not a documentry on periods. I'm obviously not expecting the show to have a whole episode dedicated to talking about the subject or Maria to have wiped out the chart from the period project. LOL.
Can foods are a bit of a different can of worms (literally lol) as the USDA does have many of the same ones used in both the show and game as being "forever safe", meaning they can last a very long time, especially for the kinds of food shown in the show. While not *every* can of food is going to be safe to eat, yes, canned foods can be safe to eat after 20 years. (source)
Same with duct tape and treating wounds with unsterilized products. There are many examples of people in survivial situations, similar to the ones in the show and game who have survived treating wounds in a non-traditional ways. I think the best example most similar to how the ones we are shown treated in the show would be from here. And yes...there are suspentions of disbelief. For instance, Ellie treating Joel when he falls through the pipe and she treats him in winter time (not impossible as this article of this happening to someone, tw: there are some graphic pictures on this link, but it was unlikely)...but even then the game made a point to show the importance of her getting antibiotics to attempt to treat his wounds.
And with periods, it is a lot different for reasons I will get into in a moment.
"in universe, very few of the characters would have regular resources for creating their own safe, hygienic menstrual products. the average person wouldn't have that knowledge before and after any of that information would likely be very inaccessible. "
I don't know...you're telling me that women and other menstruating people wouldn't be able to figure something out on how to manage their periods, as women around the world currently and throughout history have done for thousands of years? Plus there are also teenagers who menstruate like Ellie who have only ever lived in this world, so it would make sense for her to know a few tricks of period management of her own.
The show shows us characters who have turned into terrible and evil dictators, who turn on each other to save their own skin, who have no issue resorting to the worst of human nature in order to survive, it shows us characters being able to learn how to build sheltars and grow food, even if they had no previous experience...all of which can be backed up by real historical events that this is how people in these situations would likely behave.
But asking for the show writers to have done a little more research into how women and other menstruating people in these situations manage their periods, especially since there are tons of examples of how they could have shown a different and more diverse side to period managment that was grounded in reality (as I and many others have pointed out before) was too much too ask?
"finally - there's zero reason to think someone who has a period would not portray the scene similarly, or give different advice if asked about their personal opinion on what a character would do."
No...I have literally pointed this out. Several others who menstruate have too. I made another comment on what I would have liked to have seen incorporated and what would have been better here. And don't worry...these examples are actual period treatments being used by women in the real world right now and throughout history, so it isn't all that ridiculous to have expected the writers to have considered them, which I just thought would have been awesome to see.

"this is not something the average person in a hollywood writers room would ever come close to having to think about."
Exactly my point as well! Which was why I suggested (see link above) the writers have consulted with women and others who menstraute who have had to live in poverty or in areas with no access to sanitary products.
And even then, there have been so many goddamn fucking studies and books and articles and documentries on period management in times before modern sanitary products and how women and other menstruating people in developing nations and nations in war and other terrible situations have managed their periods. Even if they didn't have someone who had experienced this firsthand on their writing or production staff, you're telling me none of them had access to google or a library or netflix? Come on, now...

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I don't know...you're telling me that women and other menstruating people wouldn't be able to figure something out on how to manage their periods, as women around the world currently and throughout history have done for thousands of years? Plus there are also teenagers who menstruate like Ellie who have only ever lived in this world, so it would make sense for her to know a few tricks of period management of her own. Plus, based on many studies done of women and other menstruating people during stressful times with lack of access to safety or proper nutrients, it is likely Ellie doesn't get her periods regularly or as often as we would, which also could have been a really interesting angle to explore.
The show shows us characters who have turned into terrible and evil dictators, who turn on each other to save their own skin, who have no issue resorting to the worst of human nature in order to survive, it shows us characters being able to learn how to build sheltars and grow food, even if they had no previous experience...all of which can be backed up by real historical events that this is how people in these situations would likely behave.

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"finally - there's zero reason to think someone who has a period would not portray the scene similarly, or give different advice if asked about their personal opinion on what a character would do."

No...I have literally pointed this out. Several others who menstruate have too. I made another comment on what I would have liked to have seen incorporated and what would have been better here. It is also worth noting someone did an piece of how The Walking Dead could have addressed periods in the story and honestly any of these would have been much better and interesting to see. And don't worry...these examples are actual period treatments being used by women in the real world right now and throughout history, so it isn't all that ridiculous to have expected the writers to have considered them, which I just thought would have been awesome to see.

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"attributing this to a lack of female writers is assuming way too much"

Yes....you are correct. I should not have assumed that. I was going off of the writing credits for this episode, who are all men, but there are women in production roles for this episode who could have influenced the script and the direction the episode took...so that should be taken into account. They should be criticized as well.

I also want to point out "other women thought it was good" is not really that great of an arguement when it comes to discussing how certain female characters are portrayed in media and how discussions around menstruation are. In the feminist media studies course I took, that explained that should be used as an example of an argument one has already made in favor of defending a portrayal of a media...and not an argument itself. This isn't directly targetted at you and not to say you were doing this but I just wanted to say that as I have noticed this becoming more and more of a trend when discussing media online of an end all trump card to end attempt to end further discussion.

And as I pointed out, this is not me saying the episode was bad or the show is sexist trash. But it's both possible and even necessary to simultaneously enjoy a show while also being critical of its more problematic or pernicious aspects, especially when it comes to topics as sensaitive and important as periods.

But thank you for your honest response. I appreciated it.